

A study of optimism and resilience

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College students are the ones who face a lot of stress during their academic life. Some tackle them efficiently; however, some are not able to tackle them, while some are slower to tackle them. They may be optimistic or pessimistic in their life orientation. According to research people who are optimistic tend to be higher on resilience. The research aimed to investigate the correlation between optimism and resilience. Gender differences were also studied. For this purpose the following tools were employed: Life Orientation Test-Revised for optimism and Brief Resilience Scale for resilience. The sample of 60 students in which 30 males and 30 females between 18 to 22 years was taken. Correlation, t- ratio, and regression analysis were the techniques of statistical analysis used. It was found that there is no significant relation between resilience and optimism. And it was found that significant gender differences in optimism but not on resilience. Resilience is a predictor of optimism.

Keywords: optimism, resilience, gender difference

Optimism

Optimism can be characterized as, overall expectation that one will experience better results or attitude towards life. As per the previous work, optimism consists of 2 major components: “learned optimism” (Peterson & Seligman, 1984) and “dispositional optimism” (Scheier & Carver, 1985). Learned positive thinking is an individual’s trait and positive people utilize a flexible characteristic to define conflicting circumstances. Dispositional positive thinking can be characterized as a conviction that positive things will occur then the negative things. Consequently, optimism is understood as a dispositional characteristic that consider the positive prospect for the future. Having a positive expectation about the future plays a significant job in adjustment to upsetting circumstances.

The definition of optimism was first stated by Scheier and Carver (1987) and was described as an individual’s positive desire for the longer term.

Practitioners divide optimism into 2 facets: realistic and unrealistic. As per Schneider (2001) all parts of optimism are not favorable or advantageous. Being optimistic is not favorable when the hopes and desires are ridiculous. In ridiculous positive thinking, even though folks are conscious of their weaknesses and constraints they have high sure hopes for the results. For example, we can’t get good marks in the exam without getting studied for the exams. However, in realistic optimism, the individual puts effort to attain the result or the desired outcome.

Resilience

“It’s a protective factor”

It’s the positive adaptation of any kind of complex system when it faces challenging circumstances (Masten & Obradovic, 2008). Thus, individual resilience can be characterized as the degree to

which a person adapts difficult situations without making any changes in their way of achieving ambitions. The definitions of resilience have two parts: resilience as an individual dispositional attribute and as a growth element (Mastre et al., 2017). The first part of the definition stated that it is a fixed and gradual factor and cannot explain the adjustment of the individual and the domain (Lee et al., 2012). The latter part of the definition stated that it is a progressive procedure, gradually changes, and affected by the domain (Lee et al., 2013). There are two highly important aspects of resilience, first, how well can people restore themselves from challenging situations, and second, sustainability, which is the capacity of the person to move in the difficult times (Bonnano, 2004).

As per Zautra, Hall, and Murray (2010), “resilience could be best defined as the result of a lucrative adjustment to adversity”. When a problem or a challenge arises, those who show optimism are resilient ones, although the progress might be moderate (Snyder, Feldman, Shorey, & Rand, 2002).

Rationale of the study

Nowadays Resilience is becoming a prevalent agenda. Youth is an age bubbling with energy and in this transition phase that youth’s energy has to be channelized towards positivity to strengthen and impart positive skills that will help them to lead a well-functioning adult life.

Objectives of the study

- To assess the relation in optimism and resilience.
- To assess gender differences in optimism and resilience.
- To assess resilience as a predictor of optimism.

Hypotheses of the study

- *H1:* There will be a significant positive relation between optimism and resilience among college-going students.
- *H2:* There will be no gender differences in optimism among college-going students.
- *H3:* There will be no gender differences in resilience among college-going students.

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Method

A correlation design has used the relationship between optimism and resilience. And T-ratio was used to study the gender variations in optimism and resilience. Regression analysis to predict the resilience with respect to optimism.

Participants

The sample consisted of 60 students in which there were 30 males and 30 females of 18 to 22 years. Data was collected from the Tri-city, i.e., Chandigarh, Mohali, Panchkula through Google form. The convenient sampling method was utilized to gather the information.

Instruments

Life Orientation Test-Revised: The optimism of the respondent was measure with the Life Orientation Test-Revised by Scheier, Carver, and Bridges (1994). A 10 item measure of optimism versus pessimism. It has 10 items. It includes optimism, pessimism and some filler items. It is a 5-point scale from strongly disagree to strongly agree. Reliability of this scale is .78.

Brief Resilience Scale (BRS): The resilience of the respondent was measure with the Brief Resilience Scale (BRS) by Smith, Dalen, Wiggins, Tooley, Christopher, and Bernard (2008). A 6 item measure. It is a 5-point scale from strongly disagree to strongly agree. The BRS ($\alpha = 0.71$) display better internal consistency.

Procedure

First of all, rapport was made among the participants. Those that in agreement to participate were administered the questionnaires and demographic knowledge sheet they were assured that the knowledge derived from them will be kept confidential and cannot be used for the other purpose except research. The scores were measurably broke down with Statistical Package for Social Sciences 21st version.

Statistical analysis

Keeping in mind the objective of the current investigation, was to study the relation in between optimism and resilience and the gender difference among college going students. Correlation and t-ratio were the techniques of statistical analysis used.

Results

The current study has investigated the relationship between optimism and resilience among college goings students.

Figure I

Frequency distribution and histogram representing normal distribution of data on scores of resilience

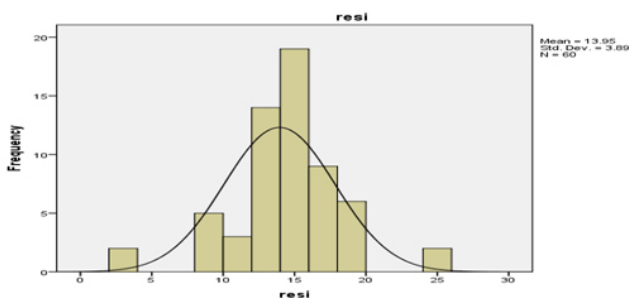


Figure II

Frequency distribution and histogram representing normal distribution of data on scores of optimism

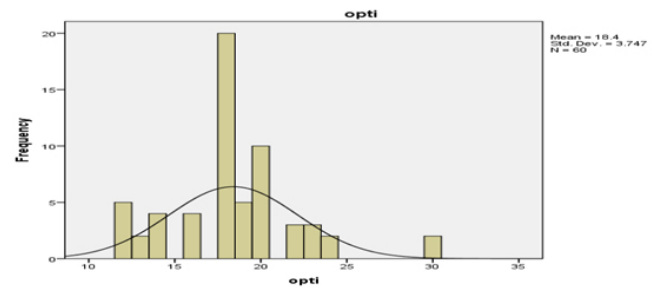


Table I

Means, standard deviations and correlation for the scores on the scales brief resilience scale and life orientation scale

Variables	N	Mean	Standard Deviation	R	Interpretation
Resilience	60	18.67	3.72	0.2084	Not significant
Optimism		14.10	3.94		

Table I although the relationship between resilience and optimism is positive, it is very weak. And it suggests optimism and resilience were not significant.

Table II

Comparison of male and female students on the Brief Resilience Scale and the Life Orientation Scale (N=60)

Variable	t Ratio	Interpretation
Resilience	0.1435	Not Significant
Optimism	2.8449	Significant at 0.01 level

Table III suggests that the t ratio for resilience came out to be 0.1435 which suggests not significant. And we can say that there were no gender contrasts in resilience. The t ratio for optimism came out to be 2.8449 which is significant at 0.01 levels. And we can say that there were gender differences in optimism.

Table III

Shows the regression analysis

Model	Model Summary			
	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.208a	.043	.027	3.696

a. Predictors: (Constant), resilience

As per the table, the variable resilience shows a 43 percent of the variance of optimism.

Discussion

The present study was designed to review the connection between optimism and resilience. Hypothesis 1 stated that there'll be a significant positive relationship between optimism and resilience. No significant results were found between resilience and

optimism. Thus hypothesis 1 is rejected. The correlation came out to be 0.240 which came to be very weak. Those people who are resilient tend to be optimists.

There is a robust connection between resilience and optimism among students (Carver et al., 2010; Dawson & Pooley, 2013). Trait positives could also be an element bestowed to resilience (Tusaie-Mumford, 2001; Snyder, Lopez, & Pedrotti, 2002). It has been observed that individuals who are generally optimistic, hopeful also are high on psychological resilience (Klohn, 1996; Masten, 2001).

Molinero, Zayas, González, and Guil (2018) conducted a study on optimism and resilience among university pupils. They concluded that there were no gender and age differences and they also execute hierarchical multiple regression and get optimism described 25 percent of resilience among university pupils.

Limitations of the study

Data was collected from the urban area. Further research is often done to explore rural-urban differences and therefore the sample size also can be increased in order that it can fulfill the idea of generalization. More longitudinal research regarding the relationships between optimism and resilience is important. Further researches are often done to spot the predictors of resilience.

Practical implications of the study

The variables utilized in this investigation are often grasp and instructed as ability. The aftereffects of the examination might be helpful for psychologists, counselors, instructive therapists, instructors, teachers, instructive specialists, and educational program designers to arrange some programs to reinforce the adapting and versatility level of scholars, which features an immediate effect on students' performance and academic level. They will hold workshops and classes to form them more conversant in ways to extend their resilience and coping. Educators, counselors, and executives can take note of the proof from this research, and utilize it to reinforce resilience development programs among scholar.

Conclusion

Resilience is defined due to the power to urge over stress. One should attempt to upgrade their idealism level by applying a few changes in their way of life. Findings indicated a strong positive connection between resilience and optimism. In fact, there's an intuitive affiliation between optimism and resilience. And also a high contribution of optimism in predicting resilience among students. Through their research, applied psychologists hope to supply practical suggestions for improving human behavior and related issues in every area of life. Hence, we will say that it's a field that focuses on putting practical research into action.

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